

RIVA FRESH TAKE
HEALTHY AGEING SET LUNCH
“EAT GOOD FEELS GOOD...”

...And so it should.. Eating a balanced diet is a daily affair. Taking care on how you fuel your body will give you great Today menu, your body will welcome the right balanced nutrients that you need to have an healthy diet with protein, fiber, carbs and good fats healthy results.

ENJOY OUR COMPLIMENTARY DETOX SHOOT OF THE DAY

HOKKAIDO SCALLOP

*Lightly pan seared with evoo
Avocado. Tomato Relish.
Or*

HOT BEET & ALMOND

*Greek's Yogurt
**

ORGANIC CHICKEN LEAN BREAST

*Barley Shimeji Risotto. Sautéed Kale. Natural Jus.
Or*

RIVA SUPER BOWL

*Vegan Heaven' Meal
**

EXOTIC ASIANBRULEE

*Fruits. Berries.
75% Dark Chocolate
Or*

POTASSIUM AFFAIR

*Orange-caramelized banana, its mousse,
Macha-Cashew gelato*

RP. 199.000 ++

MORE THAN 3 PEOPLE? SHARE:

- **GLUTEN FREE NAN BREAD WITH YOGURT RAITA • FRESH CRUDITÉ • TEMPE BITES**

25.000 ++ EACH

JOIN OUR WEEKLY GUEST TALK TO LEARN MORE ABOUT NUTRITION AND FITNESS

WEDNESDAY 6TH NUTRITIONIST MELVIN JUNIOR TENNER WILL BE PRESENT DURING LUNCH FOR TALKS

RESERVE NOW WITH OUR FRIENDLY STAFF

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BAKED HEIRLOOM

Hummus. Mushroom. EVOO

Or

PORCINI SOUP

Almond Milk Foam

STEAMED NORWEGIAN SALMON

Mediterranean Salad. Baked Polenta. Spinach. Lemon.EVOO.

Or

VEGAN LASAGNA

Fresh TomatoSauce

YELLOW' STORY

Mango Pudding. Mousse. Salsa. Sorbet

Or

PINE NUT TART

Lemon Sorbet

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WARM TOFU SPINACH

*Slow - Boiled Miso Daikon. Ginger. Wasabi.
Nori Katsuobushi, Enoki. Shimeji.
Or*

ROASTED TOMATO & BELL PEPPER CHILLED SOUP

Almond Foam

*

SEARED NORWEGIAN SALMON FILLET

*Dupuy Lentils. Vegetables Stew. Basil. Kale. Evoo.
Or*

MUSHROOM RAVIOLI

*Peas, Kale. Tomato. Almond Curry.
**

ORANGE SEMOLINA

*Orange Compote. Coconut Cream.
Or*

AVOCADO PARFAIT

Almond Milk Jelly. Blue Berry.

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RIVA DRINKS LIST

COLD PRESSED ON ORDER

“LOOK AFTER YOUR BODY, IT WILL THANK YOU ONE DAY”

FRESH JUICES

Fresh Orange
Strawberry
Pineapple
Watermelon
Melon
Beet Root
Carrot
Tomato

IDR 85.000, ++/ GLASS

TEA

Chamomile
Pandanus Green Tea
Java Ginger
Moroccan Mint

IDR 50.000, ++/ GLASS

FRESHLY BREW

Espresso
Macchiato
Regular Black
Cappuccino
Café Latte

IDR 50.000, ++/ GLASS

RIVA DETOX DRINKS

COLD PRESSED ON ORDER

“LOOK AFTER YOUR BODY, IT WILL THANK YOU ONE DAY”

FIBER ‘C

BEETROOT. CARROT. WATERMELON.

BEATURIA

CARROT. ORANGE. APPLE. BEETROOT. KALE

GREENKALIZE

*APPLE. CUCUMBER. CELERY. KALE. LEMON.
GINGER*

HEALTH SHOT OF THE DAY

IDR 85.000, ++

SMOOTOX

BASED WITH FRESH MILK OR YOGURT

THINKPINK..!!

STRAWBERRY. BANANA. MANGO.

HABA- NA - UNANA

BANANA. KALE. CHIA SEEDS.

1MORE

MANGO. BANANA. BEETROOT

IDR 85.000, ++

ADD RP. 25.000 FOR ALMOND MILK OR/ AND WHEY PROTEIN POWDER